

July 1st, 2010

Harper Center Bulletin # 186

Harper Center Bulletin



Williamstown Council on Aging

Williamstown Council on Aging World Headquarters is open for business Monday through Friday from 8:00 until 4:00 and Sunday at 11:00 for lunch. Contact us at 458-8250 or go on line- www.williamstown.net

We've been providing service, information, Referral and advocacy to Williamstown elders since 1966!

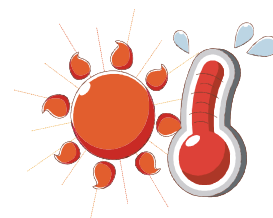
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July 2010 Newsletter

It's been a funny summer so far, all 10 days of it! Actually, it's just starting to get really hot and humid, we managed to miss that part for the most of the season so far but you knew that it would get here eventually, right? And here it comes, in July, right where it ought to be!

Anyway, we have a couple of cookout type events coming- and I'd really like to try some different grill foods-maybe shiskebob or actual grilled chicken-how about grilled eggplant? I did a brief "hands up" if you like it survey so eggplant is in! Watch the menu for the events on the 20th and 27th for the date!



Speaking of cookout, our friends at Williamstown Commons host their annual party and cookout over there on Thursday July 29 starting at 11:30. We're all invited, mark your calendars!

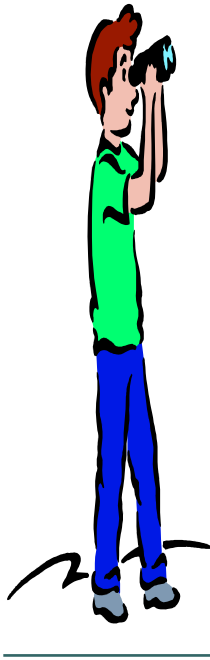
While I'm blabbing on here, good luck to our friend Erin Callahan, the WES second grade teacher who was involved with the reading buddies-she's moving on to pine Cobble. We'll miss her!

Stay cool, wear your sunscreen and drink plenty of fluids-enjoy July! It's going to be a hot one!

Yoga size

Another edition of "yoga-size" with Judy Fitzgerald hits the Harper Center at 9:00 on Wednesday July 7. Those of you who have participated in the class know that this is an easy way to loosen those joints and improve circulation. Yoga-size is done from a chair and is appropriate for all levels of ability. Of course, we recommend loose fitting clothing and exercise shoes. Makes sense, right?

Participation in this class is free. It's sponsored thru the REACH New Horizons grant from Tufts. Give us a call if you have questions!



Paul Marino

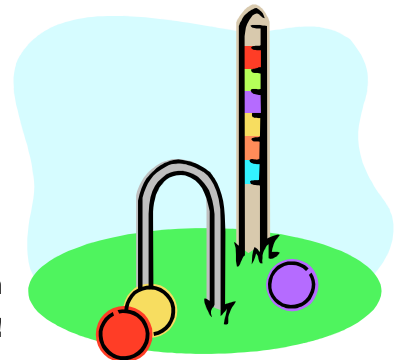
Historian Paul Marino will return to the Harper Center on Tuesday July 6th to talk about famous people who have been through here and by doing so, have made history themselves. In Williamstown, we have become accustomed to seeing stars-they appear for the theater festival fairly often. Heck, my daughter now has a screen saver featuring herself and actor Justin Long who starred in “Jeepers Creepers” and whom you also know as the “MAC” computer in the TV commercial ...How about Paul Newman and Joanne Woodward walking on Southworth and past here a few years ago? But there were others too. How about Babe Ruth who came to North Adams with the Dodgers in the 30’s to play ball at Noel Field? How about the 4 US Presidents who came by to visit? Can you name them? And many more! Paul’s conversations are always interesting and we’ll host the monthly pizza fest at noon with Paul on at 1:00. Stop by and bring your personal famous sighting memories! Or, well, for some of us, our next door neighbors!

Supplements

NARH Nutritionist Kristin Irace will return to Harper at 9:00 on Wednesday July 21 to talk about supplements and what they’re all about. When I hear supplements, I think vitamins and products frequently advertised on TV such as Glucosamine for joints and Melatonin for sleep-how about all those ads for garlic infused supplements? She’ll tell you which supplements are actually good for you, what’s bogus and how to take the beneficial ones-with food, or water, or...how much they actually cost. Did I say that we’d be offering light breakfast too? Muffins, bagels, coffee and fruit. Stop by and get the skinny on supplements!

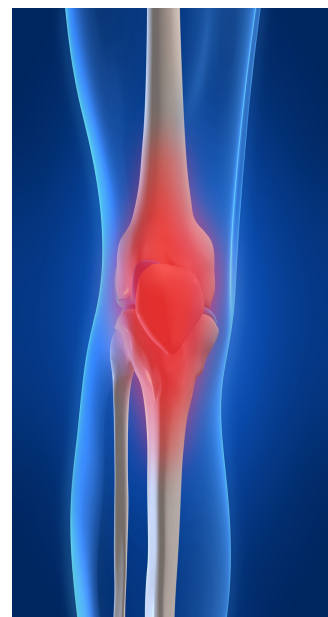
Croquet wars

SO...the folks at the Florida Senior Center have challenged us to a match and lunch in early August. We all know that anytime we plan a match it will rain, has happened every single time. Except the one time they had to mow the lawn. Anyway, the set is here and those of you who have repeatedly expressed an interest, get ready. It can’t rain every Thursday...can it? Let’s play this game!



Knees, hips and joints...

Everyone has them and we all know what they do for us. Or not. There may come a time when an illness or an injury take these particular movable parts out of the equation and leave a significant lack of mobility and pain behind. Athletes appear to be vulnerable to joint injuries. Think of football players. Long distance runners too. I have a friend who has daily pain in her hips following years of pounding the pavement in all sorts of road races. Surgery in her future? She's the first to admit that it's possible. Older folk have joint pain, stiffness too though it seems to be primarily disease related, arthritis being a major culprit. Fortunately, in a lot of cases, though not all, joint replacement is a viable option for pain relief and a better standard of life. Who doesn't know someone with new parts? At 1:00 on Tuesday July 20, Dr. James Whittum from the Orthopedic Associates of N. Berkshire will be here to talk about knees and hips and joint replacements. Lunch at noon precedes the talk. Join us! And thanks to Paul Hopkins at NARH who helped to facilitate this event!



Insurance on the move

People are already asking the Massachusetts SHINE people about the donut hole rebate issue and CLASS Act and how the new affordable care act will affect them. People have asked me too, so, knowing who to call when needed, I called Margie Ware at the SHINE program and she'll come here on Friday July 23 to discuss the issue. As we always do with morning programs, we'll offer breakfast to the masses coming in for the conversation. This one will feature pancakes and given the effort involved in keeping them hot, they'll probably be made to order. Sign up please, you know where!

Wouldn't it
be great if
the
insurance
process
could be
simplified
for
everyone?

Brown Bag

Every month we mention the Brown Bag program and at least once annually we talk about it in a little detail. So, here we go! Brown bag is a monthly supplement of shelf staple food and fruits/veggies in season offered thru the Food Bank of Western Massachusetts. It comes literally packaged in a brown paper sack and is typically delivered from us at Harper to recipients on the fourth Friday of each month. There is a brief sign up process and there are some eligibility criteria to meet—in other words, paperwork. Always paperwork eh? We're happy to help you thru the process and get you enrolled! The Food Bank folks ask for a \$3 donation per bag, a minor cost for the actual benefit. We're happy to show you an actual product, stop on the 23rd and we'll let you see one!



Williamstown Council on Aging

**The Harper Center
118 Church Street
Williamstown
Massachusetts, 01267**

Phone: 413-458-8250

Fax: 413-458-5156

E-mail:

bogrady@williamstown.net



A couple brief housekeeping notes; There's really no mystery here but there is a procedure to follow when coming for lunch and it's very simple- you really have to let Pat Picard know at least the day before you'll be here for a particular meal so the food can be ordered. Difficult eh? I think it would be called a reservation... Actually, the food portions sent here for us to serve from the Elder Services kitchen are based upon the numbers of people who say there coming- one hundred people equals one hundred chicken pieces for example. Feel free to ask if you have questions.

The second piece is a little more difficult- a reminder that there is no seat saving here and that's it's first in gets the seat. Please don't come and tell someone to move if they got there first-it's just rude!

Page four news and notes

A reminder that our SHINE Counselor, Peg Jenks, will be here on Wednesday July 21 at 10:30, a change in time, to assist anyone who has questions regarding their health insurance. As usual, she is available for an individual consultation by calling the office here at the Harper Center and we'll put her in touch with her!

Kip Moeller, our foot care nurse will be here twice in July- her first visit is scheduled for Tuesday July 13 and she'll return a week later on Tuesday July 20 to work her magic with those ole' feet. Appointments are required, and as this note is written, we're making appointments for September!

Our new friend, Massage Therapist Yvonne Andrews, will be here on Tuesday July 13, from 11:00 to 1:00 to apply her magic hands to those tired muscles. If you haven't met her yet, stop by and say hello!

Finally, the monthly blood pressure clinic, sponsored by our friends at Premier Health Care will be at noon on the 13th, important to know, those blood pressure numbers!
